

Salsa makes sensational salads for summer

See Larry Jones' Taste Buds column on Taste front.

RED TABLE SALSA FROM THE LAND OF THE BIG WAVES

3 large very ripe tomatoes, diced small
1 cup tomato juice
2 tablespoons minced chile peppers
1 red onion, diced fine
1 teaspoon minced fresh garlic

1/2 cup fresh chopped cilantro
1/2 cup fresh lime juice (about 4 limes)
Salt and fresh ground pepper to taste

Mix together. Salsa will keep, covered and refrigerated about 5-6 days. Makes 4 cups salsa.

Recipe from "Salsa, Sambala, Chutneys and Chow Chows," by Chris Schlesinger and John Wil-

loughby. (copyright 1993, Morrow, \$20)
SPICY NUT SALSA WITH BLUE CHEESE

3 tablespoons olive oil
4 teaspoons dry mustard
2 teaspoons ground allspice
1/2 cup hazelnuts or walnuts, chopped fine
1/2 cup pecan pieces, chopped
1/2 cup slivered almonds, chopped

1 cup celery, chopped
1 cup crumbled blue cheese (about 5 ounces)
2 tablespoons honey
Heat the olive oil with the mustard and allspice in a large heavy skillet over medium heat. Add nuts and saute until nuts are golden, about 7 minutes. Transfer to large bowl. Stir in celery, cheese and honey. Season to taste with salt and pepper. Makes about 4 cups.

FIERY THAI SALSA

3 cups chopped, seeded, peeled cucumbers
1 cup chopped green onions
1/4 cup chopped radishes
1/4 cup fresh mint, chopped
3 tablespoons minced and peeled fresh ginger root
3 tablespoons fresh lime juice (about 1/2)
2 tablespoons sugar

1 tablespoon plus 1 teaspoon minced garlic
1 1/2 teaspoons hot chili oil (available at Asian markets, and the Asian section of many specialty food stores)

Combine all ingredients in a large bowl. Season with salt. Cover and refrigerate until juicy, about 1 hour. Taste before serving. Makes 3 1/2 cups.

Swim club members share Sunday supper recipes

See related story on Taste front.

GRANDMA'S SALAD

Salad:
1 head lettuce, cleaned and torn into pieces
1 bag fresh spinach, cleaned, torn into pieces
Handful fresh bean sprouts
3 hard cooked eggs, chopped fine
8 slices bacon, fried, drained, crumbled

Salt and pepper to taste

Dressing:
1 cup vegetable oil
1/4 cup sugar
1/4 cup ketchup
1/4 cup vinegar
1 teaspoon Worcestershire sauce
1 medium onion, chopped fine

Mix salad ingredients together in large bowl. Put dressing ingredients into a closed container and shake. Pour on salad and toss. Serves 8-10.

Recipe submitted by Linda Stucky.

TACO RICE

1 1/2 pounds ground beef
1 medium onion, chopped
1 (14 1/2 or 16 ounce) can cup up tomatoes — don't drain
1 can (from tomatoes) water
1 cup rice
1 package taco seasoning mix
Shredded cheese of your choice
Chopped lettuce

In large skillet brown ground beef with onion. Skim off fat. Add other ingredients and stir together. Bring to a boil, reduce heat, cover and simmer for 25 minutes or until liquid is absorbed. Serve with chopped lettuce and tomatoes. Top with shredded cheese. Serves 6.
Recipe submitted by Mary Beth MacCallum.

BLACK BEAN CORN RELISH

1 bag frozen corn

2 cans black beans
1 can Great Northern white beans
1 red pepper, chopped
1/4 cup lemon juice
2 tablespoons olive oil
Black pepper to taste

In non-stick pan, saute corn in water until warm. Place corn into large bowl and add other ingredients. If desired, add Tabasco sauce or jalapenos for added spice.

Serve as a side dish or a salsa.

with plus bread.

Recipe submitted by Mary Beth Wilkinson.

MARY BETH'S CHICKEN MARINADE

1/2 cup Italian salad dressing
1/2 cup soy sauce
2 tablespoons Worcestershire sauce
Mix ingredients together. Use to marinate chicken. Mary Beth uses it for chicken breasts.
Mary Beth Wilkinson.

COOKING CALENDAR

Send items to be considered for publication to: Kelly Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313) 591-7279.

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Serve light breakfast for warm mornings

See related story on Taste front. Recipes from Quaker oats test kitchen.

PEACH MUESLI WITH BERRIES

2 cups Quaker oats (quick or old-fashioned, uncooked)
1 1/2 cups apple juice
1 1/2 cups coarsely chopped peeled fresh (about 2 medium) or frozen peaches (thawed)
One (8-ounce) carton vanilla low-fat yogurt
1/4 teaspoon ground nutmeg
Fresh or frozen blueberries or raspberries

Combine all ingredients except berries; mix well. Cover; refrigerate 8 hours or overnight. Serve cold. Top with blueberries or raspberries. Store covered in refrigerator up to 4 days.

Yield 4 (1 1/2 cup) servings. Per serving, 270

FRUIT & HONEY GRANOLA

3 1/2 cups Quaker oats (quick or old-fashioned, uncooked)
1/4 cup coarsely chopped pecans
1/2 cup honey
1/2 cup (5 tablespoons plus 1 teaspoon) margarine or butter, melted
1 teaspoon vanilla
1/2 teaspoon ground cinnamon
1/4 teaspoon salt (optional)
One (6-ounce) package diced dried mixed fruit

Heat oven to 350 degrees F. Combine all ingredients except dried fruit in large bowl; mix well. Spread evenly in 15 by 10-inch jelly roll pan. Bake 30-35 minutes or until golden brown, stirring after 10 minutes. Cool completely. Stir in fruit. Store tightly covered up to 1 week.

Yield 14 (1/2 cup) servings. Per serving, 220 calories.

Cereal from page 1B

and vanilla low-fat yogurt in combination with oats and fresh or frozen peaches that have been thawed and diced. It needs to be made the night before, but it can be stored in the refrigerator up to four days. The berries are added just before serving.

Another make-ahead breakfast cereal, Fruit & Honey Granola, pairs wholesome, whole grain oats

with crunchy pecans and chewy dried mixed dried fruits — apples, pears, apricots and raisins. Honey, cinnamon and melted margarine are simply tossed with the oats and nuts, and the mixture is baked. Stored tightly covered, the granola will stay fresh a week or more and is easy to transport for a breakfast or snack away from home.

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